

Cardiac Arrest Emergency Action Plan

USD 297

A cardiac emergency requires immediate action. Cardiac emergencies may arise as a result of a Sudden Cardiac Arrest (SCA) or a heart attack, but can have other causes. SCA is the sudden loss of all heart activity due to an irregular heart rhythm. Without immediate treatment, it can lead to death. Signs of Sudden Cardiac Arrest can include one or more of the following:

- Not moving, unresponsive, or unconscious.
- Not breathing normally (i.e., may have irregular breathing, gasping, or gurgling, or may not be breathing at all)

The Cardiac Emergency Response Plan should be as follows:

1. Cardiac Emergency Response Team (CERT)
 - a. The Cardiac Emergency Response Team should be comprised of those individuals who have current CPR/AED certification.
 - b. All Cardiac Emergency Response Team members should receive and maintain nationally recognized training, including a certification card with an expiration date of not more than 2 years.
 - c. As many other staff members as reasonably practicable should receive training.

The members of our organization who are part of the Cardiac Emergency Response Team are listed in the following table:

Name	Position	Number
Mark Penka	Superintendent	785-772-6004
Delbert Schmidt	HS Principal	719-740-2164
Susan Dinkel	GS Principal	7785-772-7058
Holly Hingst	Athletic Director	785-772-5145

2. Activation of the Cardiac Emergency Response Team during an identified cardiac emergency
 - a. Cardiac Emergency Response Team members should be notified immediately when a cardiac emergency is suspected.
 - b. The steps for responding to a cardiac emergency are described below.
 - i. Recognize sudden cardiac arrest
 1. Unconscious and unresponsive
 2. Not breathing or not breathing normally
 - ii. Call 9-1-1
 1. Provide organization address
 2. Explain patient condition
 3. Listen to the dispatcher

4. Answer questions
 5. Notify other members of the Cardiac Emergency Response Team
 - iii. Send someone to get the AED
 1. The closest member of the CERT should grab the AED
 2. AED at the high school are located in the main office and in the gymnasium.
 3. AED at the grade school are located in the entrance hallway outside the gymnasium.
 - iv. Start CPR
 1. 100-120 compressions per minute
 2. Use 2 hands: The heel of one hand and the other hand on top (or one hand for children under 8 years old), pushing to a depth of 2 inches (or 1/3rd the depth of the chest for children under 8 years old).
 3. Follow the 9-1-1 dispatcher's instructions, if provided
 - v. Use the AED as soon as it arrives
 1. Turn it on
 2. Place the pads as shown in the diagram on the pads
 3. Follow the AED audio and visual (if available) instructions
 - a. Note: The AED will only deliver shocks if needed; if no shock is required, no shock will be delivered.
 4. Transition care to EMS upon arrival so that they can provide advanced life support.
 - vi. Other Action to be taken by Staff:
 1. Confirm the exact location and the condition of the patient.
 2. Activate the cardiac emergency response team and give the precise location if it has not already been done.
 3. Confirm that the Cardiac Emergency Response Team has responded.
 4. Confirm that 9-1-1 was called. If not, call 9-1-1 immediately.
 5. Assign a staff member to direct EMS to the scene. • Perform "Crowd Control" – directing others away from the scene.
 6. Designate people to cover the duties of the CPR responders.
 7. Copy the patient's emergency information for EMS.
 8. Notify the patient's emergency contact (parent/guardian, spouse, etc.).
3. Training in Cardiopulmonary Resuscitation (CPR) and AED Use
 - a. Employee Training:
 - i. Training should be renewed at least every two years.
4. Annual Renewal
 - a. USD 297 will annually review the Cardiac Arrest Emergency Action Plan with the board of education.